CHAPTER 7

Fish and Shellfish

FIN FISH

Market Forms

Fish may be purchased fresh or frozen, and some are available canned. Following are the most common market forms:

Aberdeen Cuts. Rhombus-shaped cuts from a block of frozen fish are known as Aberdeen cuts; sides may be squared off or cut with a tapered edge. These usually are breaded or battered. Also called diamond cuts, French cuts.

Bits or Nuggets. Small pieces of fish breaded or coated with batter, weighing less than 1 ounce each, are called bits or nuggets. Shapes may be round, square, or irregular. Some are cut from regular blocks of fish; others are cut from frozen blocks of minced fish. Also called bites, cubes, nuggets, petites, tidbits. Generally sold by count per pound, for example, 25–35 per pound.

Boneless Fillet. The pinbones are removed from the fillet. Boneless fillets need not be completely boneless; U.S. Federal Grade Standards allow for an occasional small bone in Grade A fillets.

Butterfly Fillet. Fish is cut along both sides, with the two pieces remaining joined by a piece of skin and flesh.

Drawn Fish. Drawn fish have had the entrails, gills, and scales removed.

Fillet. A slice of fish flesh of irregular size and shape that is removed from the carcass by a cut made parallel to the backbone, usually 2–12 ounces.

Fingers. Fingers are irregular-shaped pieces of fish, similar to a long, thin fillet, breaded or battered, raw or precooked. Weight per piece varies; they are usually available in portions of 1–3 ounces or in bulk.

Fish Sticks. Sticks are rectangles of fish cut from a frozen block, usually 2 × 3 inches, weighing 1–2 ounces each, breaded or battered.

Headed and Gutted. Head, tails, fins, and viscera have been removed before sale.

Portion. Usually a square or rectangle, cut from a block of frozen fish. Weights vary from 1½–6 ounces. May be plain or breaded, raw or precooked.

Steaks. Slices of dressed fish, smaller than chunks, ready for cooking, are called steaks. Salmon, halibut, swordfish, and other large fish are commonly processed and sold as steaks.

Whole or Round Fish. Fish are sold just as they come from the water. They must be dressed before cooking.

The cost per edible pound in terms of both convenience and waste should be considered when deciding which form of fish to buy. Whole or round fish yield about 50 percent edible flesh after they have been eviscerated and scaled and the head, tail, and fins have been removed; dressed fish yield 70 percent, steaks 90 percent, and fillets and portions 100 percent. The U.S. government standard on breaded portions is 25 percent breading and 75 percent fish when raw; 35 percent breading and 65 percent fish when oven finished. Battered portions are typically 50 percent batter and 50 percent fish.

TABLE 7.1 Fin fish buying and cooking guide

Species	*Characteristics*	*Fat or lean*	*Usual market forms*	*Cooking methods*
Bass, sea	Flaky, white; rich flavor	Fat	Fillets, steaks; whole, pan-dressed	Fry, broil, bake
Bluefish	Dark, turning light when cooked; mild, soft	Fat	Fillets	Bake, poach
Catfish	Firm flesh, abundant flavor	Lean	Whole, dressed; fillets	Fry
Cod	Mild flavor; soft white meat, flakes easily	Lean	Fillets, steaks; breaded portions	Bake, fry, broil
Dolphin (mahimahi)	Firm, white meat; delicate flavor	Lean	Fillets	Broil, sauté, bake
Flounder	Delicate flavor, white	Lean	Whole, pan-dressed; fillets; breaded	Fry, bake, broil
Grouper	Flaky white, firm; rich flavor	Lean	Whole, steaks, fillets	Fry, bake, poach
Haddock	White meat, mild flavor	Lean	Whole, steaks, fillets, breaded portions	Broil, bake, fry, poach
Halibut	Tender, white; mild flavor	Lean	Drawn, dressed, steaks	Broil, bake, fry, poach
Monkfish	Firm, white flesh; mild lobsterlike flavor	Lean	Fillets, tails	Broil, sauté
Orange roughy	Snow-white flesh; delicate flavor, sweet taste	Lean	Fillets	Sauté, broil
Perch, ocean	Firm, white, flaky; mild flavor	Lean	Whole, pan-dressed; fillets; breaded fillets and portions	Pan fry, bake, deep-fat fry
Pike, walleye	Snowy white meat, sweet flavor	Lean	Whole, fillets, round	Pan fry
Pollack	Firm texture, white meat; mild	Lean	Fillets, breaded and precooked sticks and portions	Fry, broil, bake
Pompano	Firm white flesh	Fat	Whole, fillets	Sauté, broil
Redfish	Light firm flesh, sweet flavor	Lean	Whole, fillets	Pan fry, blackened
Red snapper	Firm, white flesh; mild flavor	Lean	Dressed, fillets, portions	Bake, fry, broil
Salmon	Pink to red flesh, rich flavor	Fat	Dressed, steaks, fillets	Bake, poach, broil, pan fry
Shark	Firm, white flesh	Fat	Steaks	Grill, broil
Sole	Firm, white flesh; delicate flavor	Lean	Whole, fillets	Bake, fry, broil, poach
Swordfish	Firm flesh, mild flavor	Fat	Steaks, chunks	Broil, bake, poach
Trout, lake	Firm texture, rich flavor	Fat	Whole, drawn, fillets	Bake, poach, pan fry
Trout, rainbow	Delicate flesh, excellent flavor	Lean	Whole, dressed; boned and breaded fillets	Pan fry, oven fry, broil, bake
Tuna (ahi)	Light flesh, good flavor	Fat	Steaks, drawn, chunks	Bake, broil, sauté
Turbot	Very tender; white, mild flavor	Lean	Fillets	Fry, bake, broil
Whitefish	Rich flavor; tender, white flesh	Fat	Whole, drawn, dressed; fillets	Bake, broil, poach
Whiting	Firm texture, abundant flavor	Lean	Drawn; breaded portions and fillets	Deep-fat fry, broil, sauté

Storage

Seafood is perishable and should be handled with great care during storage, thawing, preparation, cooking, and serving. Fresh fish should be delivered packed in crushed ice and stored in the refrigerator at 32°F. Frozen seafood should be delivered hard frozen and stored in the freezer at 0°F to −20°F until it is removed for cooking. Thawed fish should not be held longer than one day before cooking.

Frozen fish need not be thawed prior to cooking if it is not to be breaded. Some tempering may be necessary, however, to separate fish portions or cut them into appropriate-size pieces. Breaded fish portions should *not* be thawed before cooking.

Cooking Methods

Fish by nature is tender and free of tough fibers that need to be softened by cooking, and it should be cooked only until the fish flakes easily when tested with a fork. Fish may be cooked in many ways, but the best method is determined by size, fat content, and flavor. Baking and broiling are suitable for fat fish. If lean fish is baked or broiled, fat is added to prevent dryness, and it often is baked in a sauce. Fish cooked in moist heat requires very little cooking time and usually is served with a sauce. Frying is suitable for all types, but those with firm flesh that will not break apart easily are best for deep-fat frying. Table 7.1 suggests cooking methods for specific types of fish. Table 7.2 lists cooking times and temperatures.

Baking

Fish Fillets. Brush frozen fish in melted margarine or dip in fat, then in flour. Place in greased shallow pan or pan lined with parchment paper or aluminum foil; do not cover. Season with spices. A thin slice of lemon may be placed on each piece. See p. 591 for Lemon Herb Seasoning. Bake frozen fish at 350°–400°F for 20–25 minutes per inch of thickness. If fish is thawed or fresh, reduce cooking time to 10–12 minutes per inch of thickness.

Whole Fish for Buffet Display. Rinse and dry fish, then salt inside and out. Bake at 325°F until fish flakes easily, about 2 hours for a 12-pound fish and approximately 3 hours for a 20–24-pound fish. When done, gently remove skin, then garnish, being careful to arrange garnish so that fish can be cut and served easily. See p. 299 for Baked Whole Salmon.

Broiling

Fish fillets or steaks should be as dry as possible and at least 1 inch thick. Brush both sides with melted margarine or basting sauce, then season. See p. 591 for Lemon Herb Seasoning. Place frozen fish on greased broiler rack or pan. If the skin is on, place

TABLE 7.2 Methods of cooking fin fish and shellfish

	Baking		*Broiling (3–4 inches from heat)*	*Deep-fat frying (350°–375°F)*	*Pan frying (moderate heat)*
Type	*Temperature (°F)*	*Time (minutes)*	*Time (minutes)*	*Time (minutes)*	*Time (minutes)*
Fin Fish					
Dressed, 3–4 lb	350–400	40–60			
Pan-dressed, ½–1 lb	350–400	25–30	5–15	4–5	15–20
Steaks, ½–1¼ inch	350–400	25–35	5–15	4–5	15–25
Fillets	350–400	25–35	5–15	4–5	8–10
Portions, 1–6 oz	350–400	30–40		4–5	8–10
Sticks, ¾–1¼ oz	400	15–20		3–5	
Shellfish					
Clams, live, shucked	450	12–15	5–8	2–3	4–5
Crabs, live, soft shell			8–10	2–4	
Lobsters, live, ¾–1 lb	400	15–20	12–15	2–4	8–10
Spiny lobster tails, frozen, ¼–½ lb	450	20–30	8–12	3–5	8–10
Oysters, live, shucked	450	12–15	5–8	2–3	4–5
Scallops, ocean	350	15–20	6–8	2–3	4–6
Shrimp, headless, raw, peeled	350	15–20	5–8	2–3	8–10

Adapted from *How to Eye and Buy Seafood,* National Marine Fisheries Service, U.S. Department of Commerce; *Seafood, Foodservice Training,* U.S. Department of Commerce, Chicago, IL; and *Seafood, Foodservice Training Manual,* the National Fisheries Institute.

Notes

- See p. 291 for microwave cooking methods.
- A basic guide is to bake or pan fry fish for 20–25 minutes (350°–400°F) per inch of thickness for frozen fish; 10–15 minutes per inch of thickness for thawed or fresh fish.
- For steaming fish or shellfish, see Table 7.3
- End-point internal temperature must be 145°F.

TABLE 7.3 Timetable for steaming fish and shellfish

Type	*Amount per pan*	*Pan size solid*	*Procedure*	*Time (minutes)* 5 PSI	15 PSI	Pressureless
Clams, soft shell	8–10 servings	12×20×2½ inches Perforated	Place washed clams in a 2½-inch perforated pan inside a 4-inch solid pan with 2–3 qt water.	6–8	4–6	6–8
Clams, hard shell	12 each 3 lb	12×20×2½ inches	As above.	6–8	4–6	6–8
Crabs	10–16 each	12×20×2½ inches Perforated	Put live crabs in perforated pan. Steam cook.	16–18	14–16	16–18
Fish fillets (haddock, sole, cod)	5 lb	12×20×2½ inches	Place preportioned fresh or defrosted fish in pan, skin-side down. Season as desired. Time depends on thickness of fish.	4–12	2–8	4–12
Fish steaks	5 lb	12×20×2½ inches	Place steaks, fresh or defrosted, in shallow pan. Season if desired. Cooking time dependent on thickness.	6–12	4–8	6–12
Lobster (1–1½ lb each)	4–5 each	12×20×2½ inches Perforated	Put lobsters in perforated pan. Steam cook.	6–8	4½–6	6–8
Lobster (1½–2 lb each)	4 each	12×20×2½ inches Perforated	Put lobsters in perforated pan. Steam cook.	8–10	7–9	8–10
Oysters	12 each 3 lb	12×20×2½ inches Perforated	Put oysters in perforated pan. Steam cook.	4–6	3–4	5–7
Shrimp, cooked and deveined (12–15), frozen	5 lb	12×20×2½ inches	Place shrimp in solid pan. Add 1 quart water and seasonings if desired.	4–8	3–6	4–8
Shrimp, raw	10 lb	12×20×2½ inches Perforated	Place shrimp in perforated pans, being careful not to overcrowd. Steam cook.	7–9	4–5	8–11

skin side down. Broil 2–4 inches from preheated heating unit. Broiling time will range from 5 to 20 minutes. Thicker fillets may need to be turned once, halfway through cooking time.

En Papillote

Cooking en papillote is similar to steaming in that fish, vegetables, herbs, and spices are encased in parchment paper and cooked at a high enough temperature to cause steam to build up inside the bag. Poultry and tender cuts of meat may be cooked by this method.

Procedures for en papillote cooking

1. Cut parchment paper into a heart shape of the size needed for the fish, vegetables, and herbs being encased. Butter or oil the paper.
2. Put vegetables, herbs, and spices on one-half of the paper, then place the fish on top.
3. Fold the paper over the top and then fold and crimp the edges. Bake the packet until it is puffed and browned and the fish is done. Serve immediately.

Frying

Pan Frying and Sautéing. To pan fry, season fillets, steaks, or small whole fish with salt and pepper. Dip in milk and roll in flour or cornmeal or a combination of both. To sauté, lightly dust thawed, dry fish with seasoned flour. Cook in a small amount of fat at 360°–375°F. Turn halfway through cooking time to brown each side.

Deep-Fat Frying. Dip frozen fish fillets, steaks, or small whole fish in milk or egg mixture and seasoned crumbs; or purchase breaded or battered product. Fry 4–5 minutes at 360°–375°F (thicker whole fish will require more time).

Oven Frying. Dip frozen fillets or steaks in seasoned milk; drain, then coat with fine bread crumbs. Place in

greased shallow pan or pan lined with parchment paper or aluminum foil. Do not cover. Drizzle melted fat over fish. Bake at 400°F.

Microwave

Primary Cooking Guidelines. The source for the following microwave cooking directions is the *Seafood Foodservice Training Manual,* published by the National Fisheries Institute, Washington, D.C.:

1. Maximum moisture retention and even cooking can be achieved by generously brushing the fish and seafood item with margarine and tightly covering or wrapping the item before cooking. Fish Marinade, p. 594, may be used.
2. If the item is to be browned under a broiler after microwave cooking, it should be cooked to only 75–80 percent doneness in the microwave. Fish will not yet be flaky, and shellfish will be slightly translucent.
3. Microwave individual portions on medium-high setting to retain juices and flavor.
4. Let fish or seafood stand 2–3 minutes prior to serving.
5. Test for doneness: Fish is flaky when lifted gently with a fork near the center. It should be opaque in color; bones should be easily removed from meat. Shellfish will be slightly translucent in center. Let stand for a short period to finish cooking.

Oven Steaming

Place frozen fish on greased aluminum foil. Season and flavor with lemon juice, spices, and thinly sliced vegetables. Wrap securely. Place in shallow baking pan. Bake at 400°F for 20–25 minutes per inch of thickness.

Poaching

Prepare poaching liquid: acidulated water, court bouillon, bouquet garni liquid, fish stock, milk, or milk and water. Place fish fillets or thick steaks in a flat, shallow baking pan. Barely cover fish with boiling liquid, then cover with parchment paper or a lid. Cook in a 350°F oven or in a steamer until fish loses its translucent appearance or until fish flakes easily when tested with a fork (see Table 7.3). Remove fish from liquid and serve with a sauce or garnish.

Acidulated Water. Use 1 Tbsp salt and 3 Tbsp lemon juice or vinegar for each quart of water.

Court Bouillon. Add to 1 gal water, ¾ cup each of chopped carrots, chopped onion, and chopped celery; 3 Tbsp salt; ½ cup vinegar; 2 or 3 bay leaves; 6 peppercorns; 9 cloves; and 3 Tbsp margarine or butter. Boil gently for 20–30 minutes. Strain to remove spices and vegetables.

Bouquet garni. Place in cheesecloth tied into a bag: 6 parsley sprigs; 2 celery tops; 3 bay leaves; 1 tsp thyme leaves (dried); 1 tsp peppercorns. Makes enough to season 1 gal of liquid.

SHELLFISH

Shellfish may be purchased fresh, frozen, and canned. Frozen shellfish should be delivered hard frozen and stored in the freezer at 0°F to −20°F until it is removed for cooking. Thawed shellfish should not be held longer than one day before cooking. Live shellfish should be delivered at 35°F but not in direct contact with ice or water. See Tables 7.2 and 7.3 for additional information on buying and cooking shellfish.

Clams

Clams are available alive in the shell; shucked, fresh or frozen; and canned, whole or chopped. Frozen clam strips are available for deep-fat frying.

Crabs

Crabs may be purchased alive, but most are marketed cooked and frozen in the shell, as crab legs or claws, or as frozen or canned crabmeat. To cook, simmer hard-shelled crabs for 10–15 minutes in salted water. Cool rapidly in ice water. Break the shells apart and remove meat to be used in cooked dishes and salads. One 2-pound crab yields about 12 ounces of cooked body and leg meat. Soft-shelled crabs usually are parboiled, dipped in Egg and Crumbs (p. 39), and pan fried or cooked in deep fat.

Lobsters

Northern lobsters are marketed alive in the shell and as cooked meat, fresh or frozen. A 1-lb lobster will yield about 4 ounces of cooked meat. Rock lobsters are marketed only as lobster tails, usually individually quick frozen (IQF). To prepare frozen lobster tails, follow instructions on the package. Lobster meat, frozen or canned, may be used for salads and in cooked dishes. Live lobsters may be broiled or boiled.

Oysters

Oysters are marketed alive in the shell; shucked, fresh or frozen; and canned. Shucked oysters are in far greater demand in foodservice than those in the shell. Eastern oysters are larger and more readily available than Pacific oysters. Sizes of Eastern and Gulf oysters are given in Table 7.4.

Oysters are not ordinarily washed before using. If washing seems necessary, care should be taken to remove the oysters from the water quickly, so that they do not become soaked or waterlogged. Any bits of

shell should be removed. Cook oysters just enough to heat through to keep oysters juicy and plump; overcooking shrinks and dries them. To fry, dip oysters in Egg and Crumbs (p. 39) before frying.

Scallops

Scallops are always sold shucked and are available fresh, by the gallon or pound; and frozen, as individually quick frozen (IQF), in 3- to 5-pound units, or frozen in block form in 5-pound units. Frozen breaded scallops for deep-fat frying are typically sold in 2½- to 3-pound units. They may be breaded whole or cut from a frozen block in uniform pieces for breading. Large sea scallops are graded in sizes from 10 to 70 count per pound; bay scallops are smaller, graded in sizes from 70 to 120 per pound. To prepare fresh scallops, wash and remove any shell particles. Drain. To fry, dip in Egg and Crumb (p. 39), and fry in deep fat at 350°F for 2–3 minutes.

Shrimp

Shrimp are available raw or cooked, fresh or frozen, shelled or in the shell. Raw shrimp in the shell are called green shrimp. Peeled and deveined (P&D) shrimp have had both the shells and sand veins removed. Peeled, deveined, and cooked (P&DC) shrimp have been cooked. Other terms used to specify the method of processing are butterfly (also called split or fantail), in which the shrimp have been cut along the vein; butterfly breaded, which are split part way through on the vein side and spread open, then breaded; whole breaded, which are headless, usually deveined, and available tail on or off. Shrimp are sold by size or count per pound. The larger the shrimp, the more they cost. The name *prawn* is usually given to a large shrimp, those designated jumbo or larger. Count and descriptive names for raw shrimp are given in Table 7.5.

Raw, or green, shrimp should be washed carefully. Cover with water and bring to a boil. Let simmer for 3–5 minutes in water to which has been added 1½ tsp salt to each quart, 2 bay leaves, and mixed spices. Drain. Remove shell and sand vein from the center back of each shrimp. Two pounds of raw shrimp in the shells will yield about 1 pound of cooked, shelled, and deveined meat; about 1½ pounds cooked shrimp in the shells are needed to yield 1 pound of shelled meat. To fry, dip peeled and cleaned raw or cooked shrimp in batter or Egg and Crumb (p. 39). Fry in deep fat at 360°–375°F for 2–3 minutes. Breaded frozen shrimp may be cooked from their hard-frozen state.

TABLE 7.4 Marketing sizes for oysters

Eastern and Gulf oysters		
Size	*Count per gallon*	*Pacific oysters Sizes**
Counts or extra large	160 or less	Extra large
Extra selects or large	160–210	Large
Selects or medium (preferred for frying)	210–300	Medium
Standards or small	300–500	Small
Very small	over 500	Extra small

Based on information from the National Fisheries Institute, Washington, D.C.
*Pacific oysters generally do not require count per gallon sizing.

TABLE 7.5 Count and descriptive names for raw shrimp

Number per pound	*Description*	*Uses*	*Amount to buy*
Less than 10	Extra colossal	Hors d'oeuvres sautéed, cocktails	3–4 oz shelled shrimp per person
10–15	Colossal		
16–20	Extra jumbo		
21–25	Jumbo	Breaded	8 oz per person
26–35	Extra large to large	Breaded	8 oz per person
36–50	Medium large to medium	Salads, with sauces	4–8 oz per person when combined with other foods
51–70	Small to extra small	Dips, canapés, open sandwiches	1 cup cooked, shelled, and deveined per person (12 oz raw shrimp in the shell or 7 oz frozen shelled shrimp)
More than 70	Tiny		

FISH AND SHELLFISH RECIPES

BAKED FISH FILLETS

Yield: 50 portions *Portion:* 5 oz
Oven: 375°F *Bake:* 25–35 minutes

Ingredient	*Amount*	*Procedure*
Fish fillets, 5 oz Margarine, melted	50 1 lb	Dip fish in margarine (see Notes).
Bread crumbs Flour, all-purpose Salt Paprika Seasoned salt Marjoram Grated lemon peel, fresh	1 lb 12 oz 12 oz 1 Tbsp 1½ Tbsp 1 Tbsp 1 tsp 1 tsp	Combine bread crumbs, flour, and seasonings.
		Dredge fish with crumb mixture and place on greased baking pans. Bake at 375°F for approximately 10 minutes for each inch of thickness, or until fish flakes easily when tested with a fork at thickest part and internal temperature is 145°F.

Approximate nutritive values per portion **Calories** 281

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	19%	**Cholest.** 49 mg	16%	**Total Carb.** 25 g	8%	**Vitamin A**	12%	**Calcium**	9%
Sat. Fat 3 g	17%	**Sodium** 832 mg	35%	Fiber 1 g	3%	**Vitamin C**	0%	**Iron**	6%
Protein 17 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Double the cooking time for frozen fish that has not been defrosted.
- Fish portions or steaks may be substituted for fish fillets.
- Refrigerate all fish not currently being prepared or cooked.

Variation

- **Herbed Marinated Fish Steak.** Make Fish Marinade (p. 594). Marinate steaks for 3 hours. Grill or broil according to Table 7.2.

LEMON BAKED FISH

Yield: 50 portions *Portion:* 5 oz
Oven: 375°F *Bake:* 25–35 minutes

Ingredient	*Amount*	*Procedure*
Fish fillets, 5 oz	50	Thaw fish (if frozen) and bake, using either Method 1 or Method 2.
METHOD 1		
Margarine Salt Paprika Lemon juice	1 lb 8 oz 1 oz (1½ Tbsp) 3 Tbsp ⅓ cup	Place 16 thawed fillets onto each 18 × 26-inch sheet pan. Melt margarine. Mix with lemon juice and seasonings. Brush generously on each piece of fish. Bake at 375°F for approximately 10 minutes for each inch of thickness or until fish flakes easily with a fork when tested at the thickest part and internal temperature is 145°F. Transfer to 12 × 10 × 2-inch pans.
METHOD 2		
Shortening, melted Salt Pepper, white Lemon juice	1 lb 1 Tbsp 1 tsp ½ cup	Mix shortening, salt, pepper, and lemon juice. Dip each piece of fish into seasoned fat.
Flour, all-purpose	1 lb	Dredge fish with flour. Place close together in single layer in greased baking pans.
Margarine, melted Milk	2 oz ¾ cup	Mix margarine and milk and drizzle over fish. Bake at 375°F for approximately 10 minutes for each inch of thickness or until fish flakes easily when tested with a fork at thickest part and internal temperature is 145°F. Sprinkle with chopped parsley before serving.

Approximate nutritive values per portion—Method 1 **Calories** 228

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	20%	**Cholest.** 75 mg	25%	**Total Carb.** 0 g	0%	**Vitamin A**	7%	**Calcium**	2%
Sat. Fat 3 g	13%	**Sodium** 464 mg	19%	Fiber 0 g	0%	**Vitamin C**	1%	**Iron**	2%
Protein 27 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Approximate nutritive values per portion—Method 2 **Calories** 253

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	18%	**Cholest.** 75 mg	25%	**Total Carb.** 7 g	2%	**Vitamin A**	1%	**Calcium**	2%
Sat. Fat 3 g	15%	**Sodium** 257 mg	11%	Fiber 0.3 g	1%	**Vitamin C**	1%	**Iron**	4%
Protein 28 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Double the cooking time for frozen fish that has not been defrosted.
- Refrigerate all fish not in the preparation process or being cooked.

Variation

- **Creole Baked Fish.** Make spice mixture of 1 cup dried parsley flakes, ½ cup red pepper flakes, ½ cup black pepper, ½ cup paprika, ¼ cup crushed thyme leaves, ¼ cup crumbled rosemary, 2 Tbsp crumbled oregano, 2 Tbsp crumbled basil. Brush fish fillets with melted margarine. Sprinkle generously with spice mixture. Follow baking directions for Lemon Baked Fish—Method 1.

BREADED FISH FILLETS

Yield: 50 portions *Portion:* 5 oz
Deep-fat fryer: 360°F *Fry:* 4–5 minutes

Ingredient	*Amount*	*Procedure*
Frozen fish fillets, 5 oz Flour, all-purpose Salt Pepper, white	50 8 oz 1 Tbsp 1 tsp	Dredge fish in mixture of flour, salt, and pepper (see Notes).
Eggs, beaten Milk	6 (11 oz) 2 cups	Combine eggs and milk.
Bread crumbs	1 lb 4 oz	Dip fish in egg mixture, then in crumbs. Fry in deep fat at 360°F for 4–5 minutes or until fish is golden brown and internal temperature is 145°F. Serve at once or place for a short time in uncovered counter pans in 250°F oven until service.

Approximate nutritive values per portion — **Calories 205**

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 3 g	**5%**	**Cholest.** 103 mg	**34%**	**Total Carb.** 12 g	**4%**	**Vitamin A**	**2%**	**Calcium**	**5%**
Sat. Fat 1 g	**5%**	**Sodium** 340 mg	**14%**	Fiber 1 g	**2%**	**Vitamin C**	**0%**	**Iron**	**6%**
Protein 30 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Keep refrigerated all fish not being prepared or cooked.
- Suggested fish: flounder, sole, haddock, perch, grouper.

Variation

- **Cornmeal-Breaded Fish Fillets.** Delete eggs, milk, and bread crumbs. Increase flour to 1 lb. Mix flour, 2 lb 8 oz cornmeal, salt, and pepper. Dip fish fillets into cornmeal-flour mixture, thoroughly coating each piece. Fry according to directions.

FILLET OF SOLE AMANDINE

Yield: 50 portions *Portion:* 5 oz
Oven: 375°F *Bake:* 15–20 minutes

Ingredient	Amount	Procedure
Fillet of sole, 3 per lb Flour, all-purpose Salt Pepper, white	17 lb 8 oz 1 Tbsp 1 tsp	Dredge fish in mixture of flour, salt, and pepper. Place in greased counter pans in single layers (see Notes).
Margarine Onion, finely chopped Garlic, minced	1 lb 8 oz 4 oz 1 clove	Sauté onion and garlic in margarine.
Water Lemon juice Salt Pepper, white	2 cups 1½ cups 1 Tbsp 1 tsp	Combine water, lemon juice, and seasonings. Add onions and garlic. Heat, but do not boil. Just before baking, pour sauce over fish, 1 cup per pan.
Almonds, slivered	8 oz	Sprinkle almonds over fish. Bake at 375°F for approximately 10 minutes for each inch of thickness or until fish flakes easily when tested with a fork at thickest part and internal temperature is 145°F.

Approximate nutritive values per portion **Calories** 324

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**24%**	**Cholest.** 104 mg	**35%**	**Total Carb.** 5 g	**2%**	**Vitamin A**	**5%**	**Calcium**	**4%**
Sat. Fat 3 g	**15%**	**Sodium** 548 mg	**23%**	Fiber 1 g	**2%**	**Vitamin C**	**12%**	**Iron**	**5%**
Protein 39 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Keep refrigerated all fish not being prepared or cooked.
- Other white fish, such as halibut, haddock, cod, or flounder, may be used. Baking time on thicker fillets or steaks will be 25–35 minutes.
- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

BROILED TUNA WITH WHITE BEANS AND TOMATO SAUCE

Yield: 50 portions *Portion:* 6 oz tuna, 3 oz sauce
Broiler: 400°F *Broil:* 10 minutes

Ingredient	*Amount*	*Procedure*
Red wine vinegar Olive oil Pepper Salt	¾ cup ½ cup 1½ tsp 2 tsp	Combine vinegar, oil, and spices.
Tuna steaks, 6 oz (approximately 1-inch thick)	50 steaks	Brush oil mixture evenly over both sides of tuna steaks. Arrange tuna on oiled sheet pans. Place pans in preheated 400°F broiler. Cook approximately 5 minutes on each side, until fish flakes easily and reaches 145°F.
White Bean and Tomato Sauce	recipe p. 571	Serve tuna over a 3 oz bed of White Bean and Tomato Sauce. Garnish plate with fresh basil or thyme.

Approximate nutritive values per portion **Calories** 401

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 74 mg	**25%**	**Total Carb.** 33 g	**11%**	**Vitamin A**	**6%**	**Calcium**	**16%**
Sat. Fat 1 g	**6%**	**Sodium** 245 mg	**10%**	Fiber 1 g	**2%**	**Vitamin C**	**7%**	**Iron**	**37%**
Protein 51 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variation

- **Broiled Halibut with Black Bean Sauce.** Substitute halibut steaks for tuna. Substitute Black Bean and Tomato Sauce (p. 571) for White Bean and Tomato Sauce.

LEMON RICE-STUFFED COD

Yield: 50 portions *Portion:* 6 oz cod, 2¼ oz rice
Oven: 350°F *Bake:* 25–30 minutes

Ingredient	*Amount*	*Procedure*
Cod fillets, 6 oz	50	Cut cod portions to open like a wallet, hinged in center.
Margarine Celery, diced Onion, chopped	4 oz 12 oz 6 oz	Sauté celery and onions in margarine in steam-jacketed kettle or other large pan.
Water, hot Salt Thyme	1½ qt 1 Tbsp 1 tsp	Add water and seasonings to vegetable mixture.
Rice, uncooked	1 lb 4 oz	Stir in raw rice. Cover and simmer until rice is tender and liquid is absorbed, approximately 15 minutes.
Yogurt, plain Lemon, peeled and diced	1 lb 4 oz	Stir in yogurt and lemon.
		Place No. 16 dipper (2¼ oz) of rice mixture on one side of fish fillet. Fold other half over top to close like a wallet. Place on greased baking sheets or 12 × 20-inch counter pans. Bake uncovered at 350°F for approximately 25–30 minutes or until fish flakes easily when tested with a fork at thickest part and internal temperature reaches 145°F. Serve garnished with a slice of lemon.

Approximate nutritive values per portion — **Calories** 207

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	5%	**Cholest.** 75 mg	25%	**Total Carb.** 10 g	3%	**Vitamin A**	3%	**Calcium**	5%
Sat. Fat 1 g	4%	**Sodium** 253 mg	11%	Fiber 0.2 g	1%	**Vitamin C**	5%	**Iron**	6%
Protein 31 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Keep refrigerated all fish not being prepared or cooked.
- Brown rice or a brown and wild rice mixture may be substituted for white rice.
- Any firm fish may be substituted for cod: orange roughy, perch, pollack.

BAKED WHOLE SALMON, CHILLED

Yield: 1 salmon or 50 portions
Oven: 350°F *Bake:* 2 hours

Ingredient	*Amount*	*Procedure*
Whole salmon, thawed	1 (approx. 10 lb)	Thoroughly wash fish. Rub inside and outside of fish while running cool, clear water over. Place fish on 12 × 20-inch sheet pan that has been sprayed with vegetable spray or lined with parchment paper. Bake at 350°F for approximately 1 hour.
		Remove from oven and skin fish. Cut skin behind head, down the length of back and halfway down across belly. Remove cut skin. Leave head, fins, and tail on.
Margarine or butter, melted Lemon juice	4 oz ½ cup (4 oz)	Combine melted butter or margarine and lemon juice. Use to baste fish. Return fish to oven and bake approximately 1 hour or until fish flakes easily when tested with a fork at thickest part and internal temperature reaches 145°F.
		Remove fish from oven. Cool quickly (within 4 hours) to below 41°F. Fish should be cooked 1 day in advance to be served on cold buffet.

To Serve Whole Baked Salmon:

1. Place fish on attractive tray.
2. Garnish with orange, lemon, and cucumber slices; carrot curls, ripe olives, and shredded cabbage. If mouth is large and open, a fluted orange can be inserted.

Approximate nutritive values per portion **Calories** 148

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 35 mg	**12%**	**Total Carb.** 0 g	**0%**	**Vitamin A**	**0%**	**Calcium**	**0%**
Sat. Fat 1 g	**7%**	**Sodium** 64 mg	**3%**	Fiber 0 g	**0%**	**Vitamin C**	**2%**	**Iron**	**3%**
Protein 19 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at an internal temperature below 41°F. See p. 44 for recommended cooling procedures.
- Thaw fish in refrigerator for 1–2 days.

POACHED SALMON

Yield: 50 portions *Portion:* 5 oz
Oven: 350°F *Bake:* 10-15 minutes

Ingredient	Amount	Procedure
Onion, coarsely chopped	4 oz	Put vegetables, spices, and lemon into a cheesecloth bag.
Parsley sprigs	2 oz	
Celery tops, coarsely chopped	4 oz	
Bay leaves	8	
Thyme, dried leaves	4 tsp	
Peppercorns, black	2 tsp	
Salt	4 tsp	
Lemons, thickly sliced	2	
Water	2 gal	Combine water and wine. Cover and simmer seasoning bag with liquid for 15 minutes.
White wine	1 qt	Discard seasoning bag.
Salmon fillets, 5 oz (fresh or thawed)	50 fillets	Lightly grease four 12 × 20 × 4-inch pans. Divide salmon evenly into pans. Carefully pour approximately 2 qt of simmering hot liquid over salmon. (Fish should be just covered with liquid.) Bake uncovered at 350°F for 10-15 minutes or until fish flakes easily and reaches a temperature of 145°F. Remove salmon carefully from liquid. Serve with Horseradish Caper Sauce (p. 575) or Fruit Salsa (p. 570).

Approximate nutritive values per portion **Calories** 190

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**16%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 4 g	**1%**	**Vitamin A**	**24%**	**Calcium**	**1%**
Sat. Fat 0 g	**0%**	**Sodium** 179 mg	**7%**	Fiber 0 g	**0%**	**Vitamin C**	**5%**	**Iron**	**1%**
Protein 16 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Thermometer or thermocouple probe must be inserted in the fish without first passing through the poaching liquid.
- Salmon may be served hot or cold. If served cold, chill quickly (within 4 hours) to 41°F or below.

SALMON LOAF

Yield: 50 portions or 5 loaves 5 × 9 inches *Portion:* 4½ oz
Oven: 325°F *Bake:* 1–1½ hours

Ingredient	Amount	Procedure
Milk, scalded Bread cubes, soft	3¾ cups 1 lb 4 oz	Mix milk and bread cubes.
Eggs, beaten	18 (2 lb)	Add eggs to milk and bread mixture.
Salmon, flaked Salt Paprika Pepper, white Onions, chopped Lemon juice	10 lb 1 oz (1½ Tbsp) 1 tsp 1 tsp 3 oz ½ cup	Add salmon and other ingredients. Mix lightly. Scale salmon mixture into five greased 5 × 9-inch loaf pans, 2 lb 14 oz per pan. Bake at 325°F for 1–1½ hours or until internal temperature reaches 180°F.

Approximate nutritive values per portion **Calories** 196

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**13%**	**Cholest.** 130 mg	**43%**	**Total Carb.** 7 g	**2%**	**Vitamin A**	**5%**	**Calcium**	**24%**
Sat. Fat 2 g	**12%**	**Sodium** 785 mg	**33%**	Fiber 0.3 g	**1%**	**Vitamin C**	**1%**	**Iron**	**7%**
Protein 22 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- For a lighter textured product, beat egg whites separately and fold into salmon mixture.

Variation

- **Tuna Loaf.** Substitute drained tuna for salmon.

TUNA AND NOODLES

Yield: 48 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz
Oven: 350°F *Bake:* 30–45 minutes

Ingredient	*Amount*	*Procedure*
Noodles Water, boiling Salt Vegetable oil	3 lb AP 3 gal 2 oz (3 Tbsp) 2 Tbsp	Cook noodles according to direction on p. 369. Drain. (Should yield 9 lb cooked.)
Tuna	5 lb 8 oz	Flake tuna and add to noodles.
Margarine Onions, chopped Celery, chopped	8 oz 1 lb 8 oz 1 lb 8 oz	Melt margarine in steam-jacketed or other kettle. Add onions and celery. Sauté until tender.
Flour, all-purpose Pepper, black	6 oz ½ tsp	Add flour and pepper to onion mixture. Stir until blended. Cook 5–10 minutes.
Chicken base Water	3 oz 1 gal	Stir in chicken base. Add water gradually, stirring constantly with wire whip. Cook until thickened. Add tuna and noodles to sauce. Stir gently until well blended.
Processed cheese, shredded Paprika	8 oz ½ tsp	Scale noodle mixture into two greased 12 × 20 × 2-inch baking pans, 13 lb per pan. Sprinkle with cheese, 4 oz per pan. Sprinkle lightly with paprika. Bake at 350°F until mixture is heated to 180°F and cheese is melted, 30–45 minutes.

Approximate nutritive values per portion **Calories** 251

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 8 g	12%	**Cholest.** 47 mg	16%	**Total Carb.** 25 g	8%	**Vitamin A**	4%	**Calcium**	6%
Sat. Fat 2 g	11%	**Sodium** 1044 mg	44%	Fiber 1 g	2%	**Vitamin C**	3%	**Iron**	13%
Protein 19 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Two 46-oz cans cream of mushroom or cream of celery soup and 1 qt milk may be substituted for the sauce made from margarine, flour, chicken base, and water.

Variations

- **Tuna Macaroni Casserole.** Substitute macaroni for noodles.
- **Tuna and Rice.** Substitute 1 lb 8 oz rice for the noodles. Cook rice according to directions on p. 399.

CREAMED TUNA

Yield: 50 portions or 7½ qt *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Eggs, hard cooked (p. 271)	9	Peel eggs and chop coarsely, reserve for later step.
Margarine Flour, all-purpose Salt	12 oz 6 oz 1 Tbsp	Melt margarine in steam-jacketed or other kettle. Add flour and salt. Stir until smooth. Cook 5 minutes.
Milk	1 gal	Add milk gradually, stirring constantly with a wire whip. Cook until thickened.
Green pepper, chopped Pimiento, chopped Worcestershire sauce (optional) Pepper, cayenne	6 oz 6 oz 6 Tbsp ¼ tsp	Add green pepper, pimiento, and seasonings to sauce.
Tuna, flaked	5 lb	Add tuna and eggs to sauce. Heat to 180°F. Serve with 4-oz ladle on toast, biscuits, or corn bread.

Approximate nutritive values per portion **Calories** 179

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	15%	**Cholest.** 62 mg	21%	**Total Carb.** 7 g	2%	**Vitamin A**	10%	**Calcium**	13%
Sat. Fat 3 g	16%	**Sodium** 413 mg	17%	Fiber 0.2 g	1%	**Vitamin C**	16%	**Iron**	7%
Protein 16 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Other cooked fish may be substituted for tuna.

Variations

- **Creamed Salmon.** Substitute salmon for tuna.
- **Creamed Tuna and Celery.** Delete hard-cooked eggs and green pepper. Add 1 lb diced cooked celery, 3 oz chopped onion sautéed in margarine, and 3 oz chopped pimiento.
- **Creamed Tuna and Peas.** Delete hard-cooked eggs and green pepper. Add 3 lb frozen peas, cooked until just tender and drained.
- **Tuna Rarebit.** Delete hard-cooked eggs. Add 1 lb 8 oz shredded cheddar cheese.

DEVILED CRAB

Yield: 50 portions *Portion:* 3 oz
Oven: 400°F *Bake:* 15 minutes

Ingredient	*Amount*	*Procedure*
Crabmeat	6 lb	Separate crabmeat into flakes.
Eggs, beaten Lemon juice Salt Pepper Pepper, cayenne Worcestershire sauce Onion juice (optional)	5 (9 oz) ¼ cup 1 oz (1½ Tbsp) 2 tsp few grains 1 Tbsp 2 Tbsp	Combine eggs, lemon juice, and seasonings. Add to crabmeat. Mix lightly.
Margarine Flour, all-purpose	12 oz 8 oz	Melt margarine in steam-jacketed or other kettle. Add flour and stir until smooth. Cook 5 minutes.
Milk	2 qt	Add milk gradually to flour mixture, stirring constantly with wire whip. Cook until thick.
Prepared mustard	1½ tsp	Add mustard to sauce. Combine with crab mixture. Mix lightly. Fill individual casseroles or shells.
Bread crumbs Margarine, melted	8 oz 4 oz	Combine crumbs and margarine. Sprinkle over crab. Bake at 400°F for approximately 15 minutes or until internal temperature reaches 180°F.

Approximate nutritive values per portion — **Calories** 186

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**16%**	**Cholest.** 81 mg	**27%**	**Total Carb.** 9 g	**3%**	**Vitamin A**	**5%**	**Calcium**	**8%**
Sat. Fat 3 g	**14%**	**Sodium** 614 mg	**26%**	Fiber 0.3 g	**1%**	**Vitamin C**	**2%**	**Iron**	**5%**
Protein 13 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Lobster, shrimp, or imitation crab may be substituted for crabmeat.

SCALLOPED OYSTERS

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 5 oz
Oven: 400°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Oysters	6 qt	Drain oysters, saving liquor.
Cracker crumbs Margarine, melted Salt Paprika Pepper, white	3 qt 1 lb 1 oz (1½ Tbsp) ½ tsp ½ tsp	Mix crumbs, margarine, and seasonings. Spread a third of the crumbs over bottoms of two greased 12 × 20 × 2-inch baking pans. Cover with half of the oysters; repeat with crumbs and oysters.
Milk Oyster liquor (or milk)	1 qt 3 cups	Mix milk and oyster liquor. Pour over top of oysters. Cover with remaining crumbs. Bake at 400°F for approximately 30 minutes until internal temperature reaches 165°F.

Approximate nutritive values per portion **Calories** 164

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 11 g	**17%**	**Cholest.** 5 mg	**2%**	**Total Carb.** 14 g	**5%**	**Vitamin A**	**3%**	**Calcium**	**6%**
Sat. Fat 3 g	**13%**	**Sodium** 585 mg	**24%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**5%**
Protein 3 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 2 cups finely chopped, partially cooked celery may be added.

CARIBBEAN SHRIMP

Yield: 50 *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Large shrimp, peeled and deveined, tails left on	15 lb (AP)	Combine shrimp, oil, and spices. Marinate shrimp in refrigerator for 1 hour.
Olive oil	1½ cups	
Garlic, finely minced	4 oz (EP)	
Thyme, dried, whole	4 Tbsp	
Rosemary, dried, whole	4 Tbsp	
Pepper, ground black	1 Tbsp	
Pepper, crushed red	1 Tbsp	
Salt	2 tsp	
		Drain. Discard excess marinade. Using a medium-high heat, cook shrimp in a single layer on a lightly oiled griddle or skillet. Cook until shrimp turn pink and are done (145°F, 4–8 minutes). Turn halfway through cooking time.
Fresh limes (optional)	8	Garnish with lime wedges.

Approximate nutritive values per portion — **Calories** 175

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 6.5 g	**10%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 1 g	**0%**	**Vitamin A**	**1%**	**Calcium**	**7%**
Sat. Fat 1 g	**4%**	**Sodium** 240 mg	**23%**	Fiber .2 g	**1%**	**Vitamin C**	**1%**	**Iron**	**8%**
Protein 27 g				Sugars .02 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Shrimp can be skewered and served for a hot or cold appetizer or as an entree on a bed of seasoned rice or pasta.

CREOLE SHRIMP WITH RICE

Yield: 50 portions   *Portion:* 4 oz creole shrimp + 4 oz rice

Ingredient	*Amount*	*Procedure*
Shortening Onion, finely chopped Celery, finely chopped Garlic, minced	8 oz 10 oz 12 oz 1 tsp	Cook onion, celery, and garlic in shortening until almost tender but not brown.
Flour, all-purpose Salt Pepper, cayenne	6 oz 1 oz (1½ Tbsp) ¾ tsp	Add flour and seasonings. Stir until smooth. Cook 5 minutes.
Tomato juice Tomatoes, canned Sugar, granulated	2 cups 2½ qt 1 Tbsp	Add tomato juice, tomatoes, and sugar. Cook 10 minutes.
Shrimp, cooked, peeled, and deveined Green pepper, chopped	6 lb EP 8 oz	Add shrimp and green peppers to sauce. Heat to 165°F.
Rice, converted Water, boiling Salt Margarine or vegetable oil	3 lb 8 oz 4¼ qt 2 Tbsp 2 Tbsp	Cook rice according to directions on p. 399. Serve shrimp with 4-oz ladle over No. 10 dipper of rice.

Approximate nutritive values per portion — **Calories** 233

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	9%	**Cholest.** 84 mg	28%	**Total Carb.** 32 g	11%	**Vitamin A**	7%	**Calcium**	4%
Sat. Fat 1 g	7%	**Sodium** 667 mg	28%	Fiber 1 g	4%	**Vitamin C**	24%	**Iron**	18%
Protein 12 g				Sugars 2 g					

*Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If raw shrimp are used, purchase 12–14 lb. Cook as directed on p. 290.

ORIENTAL SHRIMP AND PASTA

Yield: 50 portions *Portion:* 6 oz shrimp and sauce + 4 oz pasta

Ingredient	*Amount*	*Procedure*
Sugar, granulated Cornstarch Pepper, white Ginger, ground Garlic powder Pepper, cayenne	1 oz 10 oz ½ tsp 1½ Tbsp ¾ tsp few grains	Combine in steam-jacketed or other kettle. Blend with wire whip.
Water Soy sauce Soup base, clam	1½ gal 1 cup 5 oz	Stir into dry ingredients. Cook and stir with wire whip until thickened and clear.
Bamboo shoots, sliced, canned Water chestnuts, sliced, canned	1 lb 1 lb	Rinse bamboo shoots and water chestnuts. Drain. Add to sauce.
Broccoli stalks, sliced Carrots, julienne	1 lb 12 oz 12 oz	Cook vegetables (p. 631) until tender-crisp. Drain. Add to sauce.
Green onions, cut into ½-inch pieces Shrimp, cooked	8 oz 2 lb 8 oz	Add onions and shrimp to sauce. Heat to 165°F.
Fettuccine Water Salt Vegetable oil	5 lb 5 gal 5 oz 3 Tbsp	Cook according to directions on p. 369. Drain. Serve 6 oz shrimp over 4 oz cooked pasta.

Approximate nutritive values per portion **Calories** 165

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 45 mg	**15%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**19%**	**Calcium**	**4%**
Sat. Fat 0 g	**0%**	**Sodium** 2412 mg	**101%**	Fiber 0.2 g	**1%**	**Vitamin C**	**18%**	**Iron**	**6%**
Protein 9 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

BROILED SEA SCALLOP GRATIN

Yield: 50 portions *Portion:* 4 oz (4–5 scallops)
Broiler: 400°F *Broil:* 10 minutes

Ingredient	*Amount*	*Procedure*
Sea scallops, large	13 lb	
Lime juice, fresh	2¼ cups	Combine juice, parsley, pepper, onion, oil, and salt.
Parsley, fresh, minced	2 oz (1½ cups)	Carefully mix scallops with marinade and refrigerate for 30 minutes.
Red bell pepper, minced	8 oz	Place scallops on an oiled sheet pan. Distribute liquid evenly over scallops.
Green onions, minced	8 oz	Place pan in a preheated 400°F broiler and cook for 5 minutes, remove from oven and turn scallops.
Southwest flavored oil	1 cup	Return to oven and cook until scallops are firm, approximately 4–5 additional minutes (internal temperature 145°F).
Salt	1½ tsp	Serve with a little liquid spooned over the top of scallops. Garnish with cilantro sprigs.

Approximate nutritive values per portion **Calories** 189

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**10%**	**Cholest.** 63 mg	**21%**	**Total Carb.** 7 g	**2%**	**Vitamin A**	**23%**	**Calcium**	**14%**
Sat. Fat 1 g	**3%**	**Sodium** 384 mg	**16%**	Fiber 1 g	**3%**	**Vitamin C**	**164%**	**Iron**	**96%**
Protein 28 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 4–5 scallops may be put in a gratin dish and broiled as needed for service. Keep scallops not being prepared in the refrigerator and remove as needed for production.
- Southwest-flavored oil is available commercially. Olive oil and ¼ tsp red pepper flakes may be substituted for commercially prepared oil.
- Other flavored oils may be substituted for Southwest-flavored oil.
- Scallops may be baked at 350°F for 15–20 minutes.